

National Health and Nutrition Examination Survey 2003-2004

Documentation, Codebook, and Frequencies

SP Questionnaire Component:
Physical Activity Individual
Activities Data

Survey Years:
2003 to 2004

SAS Export File:
PAQIAF_C.XPT



November 2005

NHANES 2003–2004 Data Documentation

Questionnaire Section: Household/MEC Interviews Physical Activity (PAQIAF_C)

Years of Coverage: 2003–2004

First Published: November 2005

Last Revised: N/A

Component Description

This file is the second of two files on physical activities and includes detailed information about specific leisure-time activities only.

Eligible Sample

All survey participants 12 or more years of age were eligible.

Interview Setting and Mode of Administration

For respondents 12–15 years of age, information about specific leisure-time activities was obtained in the Mobile Examination Center (MEC). For respondents 16 or more years of age, the information was obtained in the household interview.

Data Processing and Editing

For each reported leisure-time activity, one record was created in the individual activities file. If a respondent reported no leisure-time activities, there are no records in the file for that respondent. Because of the recoding of “other” leisure-time activities, it is possible for a respondent to have two records for the same activity with the same level of exertion. For example, a respondent may have reported vigorous bicycling and vigorous spinning, which was recoded as bicycling.

PADACTIV: Numeric code for the reported activity (see Appendix 1).

PADLEVEL: Level of exertion reported for the activity. Activities reported as involving moderate exertion were coded 1 and vigorous were coded 2.

PADTIMES: Number of times the activity was done over the past 30 days. Originally reported as number of times per day, per week or per month and converted to number of times over the past 30 days.

PADDURAT: Average number of minutes the activity was done each time. The data was originally reported in hours or minutes and hours were converted to minutes.

PADMETS: Metabolic equivalent (MET) score for the activity (see Appendix 1). They were obtained from the reference below and personal communication with the author.

Activities for which the reported duration (PADDURAT) was less than 10 minutes were excluded. PADTIMES and PADDURAT were set to missing

for activities in which the total time per day was 12 hours or more. For example, if bowling was reported an average of 3 times a day over the past 30 days for an average of 4 hours each time, PADTIMES and PADDURAT were set to missing for this activity.

Analytic Notes

Because the PAQIAF questions for respondents 16 or more years of age were asked in the household interview, the interview sample weights may be used in their analysis. However, if the data is joined with data from the MEC, the MEC sample weights should be used. Analysis of the PAQIAF questions for 12–15 year olds should use the MEC sample weights as the questions were asked in the MEC.

Suggested metabolic equivalent (MET) scores for the activities listed in this file are included in Appendix 1. They were obtained from the reference below and personal communication with the author.

Please refer to the **Analytic Guidelines** for further details on the use of sample weights and other analytic issues at http://www.cdc.gov/nchs/about/major/nhanes/nhanes2003-2004/analytical_guidelines.htm

The PAQIAF data are publicly available at www.cdc.gov/nchs/nhanes.htm.

References

Ainsworth BE, Haskell WL, Whitt MC, et al. Compendium of physical activities: an update of activity codes and MET intensities. *Med Sci Sports Exerc.* 32(9):S498–S516, 2000.

Appendix 1. Physical Activity Codes

| <u>Code</u> | <u>Activity (Moderate MET Code, Vigorous MET code)</u> |
|-------------|--|
| 10 | Aerobics (5.0, 7.0) |
| 11 | Baseball (5.0, 6.0) |
| 12 | Basketball (6.0, 8.0) |
| 13 | Bicycling (4.0, 8.0) |
| 14 | Bowling (3.0, 3.0) |
| 15 | Dance (4.5, 6.0) |
| 16 | Fishing (3.5, 6.0) |
| 17 | Football (5.0, 8.0) |
| 18 | Gardening (4.0, 5.0) |
| 19 | Golf (3.5, 4.5) |
| 20 | Hiking (6.0, 7.0) |
| 21 | Hockey (6.0, 8.0) |

| | |
|----|---|
| 22 | Hunting (5.0, 6.0) |
| 23 | Jogging (6.0, 7.0) |
| 24 | Kayaking (3.5, 7.0) |
| 25 | Push-ups (3.5, 8.0) |
| 26 | Racquetball (7.0, 10.0) |
| 27 | Rollerblading (6.0, 7.0) |
| 28 | Rowing (3.5, 7.0) |
| 29 | Running (7.0, 10.0) |
| 30 | Sit-ups (3.5, 8.0) |
| 31 | Skating (5.0, 7.0) |
| 32 | Skiing – cross country (7.0, 9.0) |
| 33 | Skiing – downhill (6.0, 8.0) |
| 34 | Soccer (6.0, 10.0) |
| 35 | Softball (5.0, 6.0) |
| 36 | Stair Climbing (6.0, 8.0) |
| 37 | Stretching (2.5, 2.5) |
| 38 | Swimming (6.0, 8.0) |
| 39 | Tennis (5.0, 7.0) |
| 40 | Treadmill (4.5, 7.0) |
| 41 | Volleyball (4.0, 8.0) |
| 42 | Walking (3.5, 5.0) |
| 43 | Weight Lifting (3.0, 6.0) |
| 44 | Yard Work (4.0, 6.0) |
| 50 | Boxing (6.0, 9.0) |
| 51 | Frisbee (3.0, 8.0) |
| 52 | Horseback Riding (4.0, 6.5) |
| 53 | Martial Arts (4.0, 10.0) |
| 54 | Wrestling (6.0, 8.0) |
| 55 | Yoga (2.5, 4.0) |
| 56 | Cheerleading and Gymnastics (4.0, 6.0) |
| 57 | Children’s Games - Dodgeball, Kickball, etc. (5.0, 6.0) |
| 58 | Rope Jumping (8.0, 10.0) |
| 59 | Skateboarding (5.0, 6.0) |
| 60 | Surfing (3.0, 5.0) |
| 61 | Trampoline Jumping (3.5, 4.5) |
| 71 | Other (4.5, 7.0) |

Locator Record

Title: PAQIAF_C

Contact Number: 1-866-441-NCHS

Years of Content: 2003–2004

First Published: November 2005

Revised: 2005

Access Constraints: None

Use Constraints: None

Geographic Coverage: National

Subject: Physical activity

Record Source: NHANES 2003–2004

Survey Methodology: NHANES 2003–2004 is a stratified multistage probability sample of the civilian non-institutionalized population of the U.S.

Medium: NHANES Web site; SAS transport files

**National Health and Nutrition Examination Survey
Codebook for Data Production (2003-2004)**

**Physical Activity Section of the SP and MEC CAPI
Questionnaire Individual Activity File (PAQIAF_C)
Activity level data -- See PAAQUEx for information
about weighting**

November 2005



| | |
|---|----------------------------|
| SEQN | Target |
| | B(12 Yrs. to 150 Yrs.) |
| Hard Edits | SAS Label |
| | Respondent sequence number |
| English Text: Respondent sequence number | |
| English Instructions: | |

| PADACTIV | Target | | |
|--|---------------------------|-------|--------------|
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | Leisure time activity | | |
| English Text: [Over the past 30 days], what { vigorous/moderate } activities did { you/SP } do? | | | |
| English Instructions: CODE ALL THAT APPLY. | | | |
| Code or Value | Description | Count | Skip to Item |
| 10 | AEROBICS | 523 | |
| 11 | BASEBALL | 143 | |
| 12 | BASKETBALL | 1176 | |
| 13 | BICYCLING | 865 | |
| 14 | BOWLING | 169 | |
| 15 | DANCE | 830 | |
| 16 | FISHING | 163 | |
| 17 | FOOTBALL | 469 | |
| 18 | GARDENING | 17 | |
| 19 | GOLF | 247 | |
| 20 | HIKING | 304 | |
| 21 | HOCKEY | 53 | |
| 22 | HUNTING | 71 | |
| 23 | JOGGING | 646 | |
| 24 | KAYAKING | 35 | |
| 25 | PUSH-UPS | 1 | |
| 26 | RACQUETBALL | 35 | |
| 27 | ROLLERBLADING | 107 | |
| 28 | ROWING | 41 | |
| 29 | RUNNING | 980 | |
| 30 | SIT-UPS | 6 | |
| 31 | SKATING | 128 | |
| 32 | SKIING - CROSS COUNTRY | 20 | |
| 33 | SKIING - DOWNHILL | 19 | |
| 34 | SOCCER | 349 | |

| PDACTIV | Target | | |
|--|---|-------|--------------|
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | Leisure time activity | | |
| English Text: [Over the past 30 days], what { vigorous/moderate } activities did { you/SP } do? | | | |
| English Instructions: CODE ALL THAT APPLY. | | | |
| Code or Value | Description | Count | Skip to Item |
| 35 | SOFTBALL | 92 | |
| 36 | STAIR CLIMBING | 284 | |
| 37 | STRETCHING | 447 | |
| 38 | SWIMMING | 452 | |
| 39 | TENNIS | 158 | |
| 40 | TREADMILL | 454 | |
| 41 | VOLLEYBALL | 229 | |
| 42 | WALKING | 2096 | |
| 43 | WEIGHT LIFTING | 638 | |
| 44 | YARD WORK | 23 | |
| 50 | BOXING | 66 | |
| 51 | FRISBEE | 65 | |
| 52 | HORSEBACK RIDING | 31 | |
| 53 | MARTIAL ARTS | 63 | |
| 54 | WRESTLING | 99 | |
| 55 | YOGA | 119 | |
| 56 | CHEERLEADING AND GYMNASTICS | 23 | |
| 57 | CHILDREN'S GAMES (E.G. DODGEBALL, KICKBALL) | 17 | |
| 58 | ROPE JUMPING | 30 | |
| 59 | SKATEBOARDING | 19 | |
| 60 | SURFING | 4 | |
| 61 | TRAMPOLINE JUMPING | 8 | |
| 71 | OTHER | 53 | |

| | | | |
|--|------------------------|--------------|---------------------|
| PADLEVEL | Target | | |
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | Activity level | | |
| English Text: Reported intensity level of activity. | | | |
| English Instructions: | | | |
| Code or Value | Description | Count | Skip to Item |
| 1 | MODERATE | 7185 | |
| 2 | VIGOROUS | 5682 | |
| . | Missing | 0 | |

| | | | |
|---|---|--------------|---------------------|
| PADTIMES | Target | | |
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | # of times did activity in past 30 days | | |
| English Text: [Over the past 30 days], how often did {you/SP} do {activity}? | | | |
| English Instructions: | | | |
| Code or Value | Description | Count | Skip to Item |
| 1 to 300 | Range of Values | 12847 | |
| . | Missing | 20 | |

| | | | |
|---|--|--------------|---------------------|
| PADDURAT | Target | | |
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | Average duration of activity (minutes) | | |
| English Text: [Over the past 30 days], on average about how long did {you/SP} do {activity} each time? | | | |
| English Instructions: | | | |
| Code or Value | Description | Count | Skip to Item |
| 10 to 600 | Range of Values | 12848 | |
| . | Missing | 19 | |

| | | | |
|--|------------------------|--------------|---------------------|
| PADMETS | Target | | |
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | MET score for activity | | |
| English Text: Metabolic equivalent(MET) intensity level for activity. | | | |
| English Instructions: | | | |
| Code or Value | Description | Count | Skip to Item |
| 2.5 | 2.5 | 566 | |
| 3 | 3 | 822 | |
| 3.5 | 3.5 | 2500 | |
| 4 | 4 | 546 | |
| 4.5 | 4.5 | 989 | |
| 5 | 5 | 712 | |
| 6 | 6 | 1242 | |
| 6.5 | 6.5 | 1 | |
| 7 | 7 | 1582 | |
| 8 | 8 | 2496 | |
| 9 | 9 | 85 | |
| 10 | 10 | 1326 | |
| . | Missing | 0 | |

| | | | |
|--|---|--------------|---------------------|
| PAAQUEX | Target | | |
| | B(12 Yrs. to 150 Yrs.) | | |
| Hard Edits | SAS Label | | |
| | Questionnaire source flag for weighting | | |
| English Text: Questionnaire source flag for weighting | | | |
| English Instructions: | | | |
| Code or Value | Description | Count | Skip to Item |
| 1 | Sample Person Interview Questionnaire Targets (B(16-150)) | 9878 | |
| 2 | MEC CAPI Questionnaire Targets (B(12-15)) | 2989 | |
| . | Missing | 0 | |